



SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

Summer Heat Precautions

(Sedgwick County, Kansas) –With the high summer temperatures continuing Sedgwick County EMS would like to remind you of a few precautions you should take for heat related emergencies such as heat cramps, heat exhaustion and heat stroke.

- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, usually before 8 a.m.
- Stay indoors if possible. If air conditioning is not available, stay on the lowest floor away from rising heat.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Drink plenty of water regularly and often, even if you don't feel thirsty. Avoid soda and alcohol.
- Eat small meals more often. Choose healthy meals.

“During these times we need to be especially aware of our summer activities and take care of others and ourselves,” said Sedgwick County Commission Chairman Ben Sciortino. “We want to prevent as many heat related emergencies as possible.”

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